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Tyndall Air Force Base, Fla. *Gulf Defender*

Aug. 24, 2001

F-22 gets green light for low-rate production

Jim Garamone
American Forces Press Service

WASHINGTON (AFPN) — The Defense Acquisition Board approved the F-22 Raptor to enter low-rate initial production, Pentagon officials announced Aug. 15.

The decision means Lockheed-Martin will build 10 F-22s using Fiscal 2001 funds and 13 in Fiscal 2002. There are currently eight F-22s already flying.

"The program has met all its exit criteria for entering into low-rate production and is performing to its design goals," said Pete Aldridge, undersecretary of defense for acquisition, technology and logistics.

The acquisition board unanimously approved low-rate production, Mr. Aldridge said. Low-rate production will run through Fiscal 2005, then shift into high-rate production.

The program will provide air dominance through the next 20 years, Mr. Aldridge said.

The board's decision requires the Defense Department and the Air Force to seek a lift in the F-22's current \$37.6-billion budget cap. The production budget would rise to \$45 billion. Research, development and testing of the aircraft costs about \$18 billion, raising the total cost to about \$63 billion.

The acquisition board also cut the total

number of F-22s to be produced from 331 to 295. The board reached this decision because of a difference in the cost estimates between the Air Force and the independent Cost Analysis Improvement Group.

The Air Force estimated greater savings than the independent group once the F-22 enters high-rate production, Mr. Aldridge said. The board's solution was to accept the Air Force program cost estimates, but the independent group's estimate of the number of aircraft the money will buy.

The decision gives the Air Force incentive to achieve the savings it forecasted.

"If the Air Force can, in fact, get the cost estimate at their level, they can buy more airplanes," Mr. Aldridge said.

Low-rate production is set to rise to 30 aircraft in Fiscal 2005. High-rate production calls for 90 aircraft per year beginning in Fiscal 2006.

Mr. Aldridge said the plan can change as circumstances dictate.

"Anything can happen next year," he said. "It depends on what happens to the budget, what happens to the production, what happens in the operational test and evaluation. We address these programs every year, but we have to lay out a plan. Right now, this is our plan."



Catherine Layton

Aiming for the challenge

Airman 1st Class A. C. Llorens, Staff Sgt. Richard Crim and Staff Sgt. Jeffery Pastva train for the Security Forces Defender Challenge starting Aug. 26. See full story on Page 8.

Military Thrift Savings Plan enrollments start Oct. 9

Gerry J. Gilmore
American Forces Press Service

WASHINGTON, (AFPN) — Servicemembers can choose to contribute a percentage of their pay to the military's thrift savings and investment program as part of building a nest egg for retirement starting Oct. 9.

The TSP, administered by the Federal Retirement Thrift Investment Board, previously has been available only to federal civilian employees. The Fiscal 2001 Floyd D. Spence

National Defense Authorization Act extended TSP participation to active-duty and reserve component members of the Army, Air Force, Marine Corps, Navy and Coast Guard, and uniformed members of the Public Health Service and the National Oceanic and Atmospheric Administration.

TSP is separate from and in addition to the military retirement system, which is based on years of service and rank.

The first enrollment window for people who entered military service on or before Dec. 8, 2001, is from Oct. 9, 2001,

to Jan. 31, 2002. Individuals who enroll during this period will see TSP contributions deducted each month from their pay starting in January 2002. Those who join the uniformed services after Dec. 8, 2001, will have 60 days after entering service to enroll in the TSP.

After the special, first enrollment period, servicemembers may use two "open seasons" each year to join, quit or change the amount of their contributions. Currently, these

●Turn to **SAVINGS** Page 3

SGLI coverage extends to family members

Staff Sgt. A.J. Bosker
Air Force Print News

WASHINGTON — The Servicemembers' Group Life Insurance will be extended to provide coverage to family members beginning Nov. 1. The government has always had an excellent estate program to protect family members in case of a servicemember's death, said Maj. Jeffrey T. Keef, chief of Air Force military estate and special pays policy at the Pentagon. However, little has been available to provide the military member financial protection in the event of a family member's death. Under the new provisions,

spouses and children will be automatically covered if the military member is an SGLI participant, Major Keef said. The member will have the option to decline spouse coverage if submitted in writing. The maximum automatic coverage is \$100,000 for a member's spouse, and any lesser amount must be evenly divisible by \$10,000, Major Keef said. However, the amount of coverage of a member's spouse cannot exceed the amount of coverage of the insuring member. Premiums for spouse coverage will be charged based upon the spouse's age and will range from 9 cents to 55 cents per \$1,000 of coverage. For ex-

ample, \$100,000 of coverage could be obtained on a spouse younger than 35 for \$9 per month. There is also a policy conversion option for the insured spouse after loss of eligibility for SGLI, he said. Children will be covered automatically for \$10,000, and no premiums will be charged the member, Major Keef said. In cases where both parents are eligible SGLI participants, the child may not be insured by more than one member. In the event of a family member's death, any insurance in effect will be paid to the insuring member. If the member passes away before payment can be made, then the

amount will go to the people named as the member's beneficiaries. "The Air Force sees this as a good deal for its members," Major Keef said. "By allowing members who have elected coverage only under SGLI to opt for family-member coverage, we are putting them on equal ground with civilians who might obtain family coverage as a rider to their master civilian life insurance policies," he explained. "This relieves our members from having to seek out more than one provider in order to acquire coverage for the entire family." Military personnel flights can expect detailed implementing instructions in September.

Captains may make major sooner

Staff Sgt. Amy Parr
Air Force Print News

WASHINGTON — Captains wanting a promotion to major may not have to wait as long anymore. A proposal submitted to Congress would modify the grade-ceiling table in Title 10 U.S.C. 523, calling for a 7-percent permanent grade relief to majors. This table provides the authorized strengths of commissioned officers on active duty in the grades of major, lieutenant colonel and colonel. By increasing the authorized Air Force major grade ceiling by 7 percent, more officers at any one time will wear the rank of major than previously allowed by law, said Lt. Col. Jan Middleton, Air Force promotion, evaluation and separation policy chief at the Pentagon. The average time in service to pin on major will go from 11.1 to 9.5 years over the

next three to four years. Captains should become majors between nine and 11 years, according to the Defense Officer Personnel Management Act. The grade relief will allow the Air Force to make this goal by letting more captains pin on faster through an accelerated board schedule, said Maj. Bill Nolte, Air Force officer promotion policy chief. This Air Force initiative was requested, Major Nolte said, because for nearly a decade the Air Force has been unable to meet the management act's guidelines. "Other services (officers) pin on (O-4) nine to 12 months earlier than the Air Force," he said. "This is a source of dissatisfaction with Air Force officers." The grade relief to major will also compensate officers more adequately for work performed, Colonel Middleton said. "In the nonrated line, 17 percent of field grade billets must be filled by company

grade officers due to field-grade shortages," she said. "It also has a positive effect on retention. "Officers can frequently do better financially and faster outside the Air Force," Colonel Middleton said. "Bringing down the pin-on time to major with the accompanying pay raise may encourage some officers to remain in the Air Force." The program also better aligns career-decision points for pilots, Major Nolte said. "Combined with the new 10-year active-duty service commitment for pilots," he said, "this initiative will ensure pilots pin on major six to 12 months prior to their service commitment expiring." If approved, and if the Air Force chooses to implement major grade relief, Major Nolte said it will begin in 2002 and affect all captains meeting a promotion selection board under which the Air Force chooses to implement grade relief.

●From SAVINGS Page 1

periods are May 15 through July 31 and Nov. 15 through Jan. 31.

Military members enroll in TSP by completing a TSP election form and submitting it through their local service branch finance office. Enrollment forms are available for download on the TSP Web site, <http://www.tsp.gov>, or can be obtained at local military finance offices. Participants can invest any whole percentage of up to 7 percent of their base pay in any or all of five TSP funds:

●The conservative G Fund consists exclusively of investments in short-term, non-marketable U.S. Treasury securities specially issued to TSP. Since 1991, the fund has earned an annual average of 6.74 percent.

●The F Fund is TSP's bond market index fund. Since 1991, the fund has earned an annual average of 7.87 percent — and 12.78 percent in the past 12 months ending July 31.

●The C Fund is TSP's large-company U.S. stock index fund. Since 1991, the fund has earned an annual average of 17.43 percent, but it has reported a 14.3 percent loss in the past 12 months ending July 31.

●The S Fund is TSP's medium and small company stock index fund. The I Fund is its international stock index fund. Both funds opened in May, so neither has a long-term track record.

Only G Fund investments and earnings are backed by the U.S. government against loss. TSP participants risk losing some or all their investments and earnings in the F,

C, S and I funds — but the funds' earning potential is unlimited.

Servicemembers can contribute as little as 1 percent of their base pay per pay period, up to the 7 percent limit in 2002. The limit increases by 1 percent per year until 2005, after which contributions will be limited by Internal Revenue Code guidelines.

Members may also elect to contribute any amount of incentive pay or special pay, to include bonus pay.

Like civilian workers covered by the old Civil Service Retirement System, servicemembers generally will not receive TSP matching funds from the government. One exception is troops in specialties designated critical by their service secretaries; those receiving matching funds will be obligated to serve a six-year active-duty commitment.

Strict rules apply to servicemembers' withdrawal of funds from TSP accounts before they retire. Federal and state income taxes on investments and earnings are deferred so long as the money stays in the TSP account. Withdrawals are taxed as ordinary income, and early withdrawals are penalized under some circumstances.

Military members who already have a civilian TSP account, such as past and present federal civilian employees who serve in the National Guard and Reserve, can open an entirely separate, second TSP account.

The 47-page booklet, "Summary of the Thrift Savings Plan for the Uniformed Services," and other information on military participation in TSP can be found on the Web at www.tsp.gov. The booklet requires the free Adobe Acrobat reader to view.

General McGinty, CEO of AFAS, shares his secret to success

Staff Sgt. Roel Utley
*325th Fighter Wing
public affairs*

One person unveiled his secret to success recently during a family support center-sponsored success seminar held here Aug. 16.

Retired Air Force Lt. Gen. Mike McGinty shared his secret to success with more than 100 people who took advantage of the free seminar.

General McGinty is the chief executive officer of the Air Force Aid Society. In his military career, the general held such positions as deputy chief of staff for personnel at Air Force headquarters and was commander of the Air Force Military Personnel Center. He was a command pilot with more than 3,500 flight hours in A-10s, F-4s, C-21s and T-39s.

The general's secret to success is balance. "You have to kind of figure out what are those things that are impor-

tant to you in your life," General McGinty said. "When we talk about success, a lot of times you're just focused on career success. But you could have the most successful career in the world and the most miserable life because the other pieces in your life are not connected and you haven't thought through them."

Some of the major pieces to the general's puzzle of success that people should consider are career, family, finances, health, attitude and spirituality. There may be other things in life that need to be added to this list.

"So you sit down and you think, 'OK, these are the things that are important to me. And this is what I would hope to achieve in these areas.

'I want to do this in my career. I want to do this with my family. I want to have this kind of income so I can live whatever lifestyle I pick. This is going to be my attitude. I'm

responsible for my own health.' And you put all that together. As a result of doing all this you get a balanced success plan. The key is to think through all the pieces instead of just career," General McGinty said.

"The first thing is to identify what's important to you. You have to figure out what you want to do with each of those things, then build a personal success plan," the general said.

"Then as you go along, you have to be realistic enough to know that your success plan may change. If you get married, have kids, get divorced or retire, these things probably mean you have to change your plan. You have to keep adjusting it.

"I also think it's important you find someone you can bounce your plan off of. Somebody that you know, that you trust, that you think understands you and how to be

successful. Then see what they think because you'll get an objective view," the general said. He said spouses are often some of the best people to bounce your plan off of.

According to the general, other important factors of success are hard work, being an expert at what you do, commitment and maintaining your values as well as maintaining your health and being optimistic.

Setting goals in each of the areas that are important to you and allowing room for change form the basis of a successful personal success plan.

The general was pleased to have been asked to be the guest speaker at the success seminar.

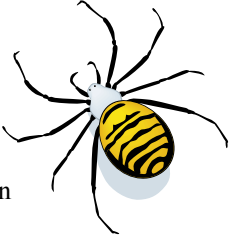
"There are probably a lot of people that are better qualified to talk about that subject than I. But I was very pleased that they said they would like me to talk a little bit about what has worked for me."

Retraction

The article "Wet Weather draws out creepy crawlers" (Gulf Defender, Aug. 17, Page 4) incorrectly stated that the only service the Del-Jen Inc. Pest Management Office provides to base housing residents is emergency service and spraying for mosquitoes.

In reality, Del-Jen pest management provides pest management services when occupants are unable to control pests through self-help efforts and the pest threatens government property or occupants' health. The pest management office does not offer regular monthly services.

All requests for housing service should be routed through the DGR Inc. Housing Maintenance at 286-5277. The only exceptions to this are valid emergencies, which may be called in directly to Del-Jen at 283-4949.



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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'01	Trend
On duty	1	2	+1
Off duty	10	7	-3
Traffic	5	3	-2
Sports	4	2	-2
Fatalities	1	0	-1
DUIs	14	12	-2

Commander's Corner



Brig. Gen. William F. Hodgkins
325th Fighter Wing
commander

It's almost show time! As some of you may know, Team Tyndall will host the semi-annual Governor's Military Installation Commanders' Conference. Governor Jeb Bush and about 32 Florida military installation commanders from all services will convene here Monday to discuss troop-impacting issues pertaining to their installation and families. In addition, various state agency representatives from the Florida Defense Alliance and the Florida Office of Tourism, Trade and Economic Development will also receive briefings on issues of state interest such as quality of life, the F-22, infrastructure and environmental projects.

This is our opportunity to shine. You did a magnificent job when President Bush and the governor were here earlier this year and I know we'll impress everyone with our professionalism and spirit. Let's look sharp and put our best foot forward. As you travel around base, make sure you do your part to make the base look even better.

Also, be on the lookout for vehicles with general-officer placards and extend these commanders the same courtesy you extend to me and other group commanders when we're driving around in our vehicles.

Tyndall is very fortunate to have an opportunity to host the



conference and to have a governor and local community that are supportive of our people and our mission. These superb relationships have been developed over many years and it is our job to not just sustain, but strengthen our community relations and do whatever we can to make a positive contribution to Bay County.

Speaking of contributions, I'd like to extend a big "Thank you" to Team Tyndall folks who volunteer and make a difference in our community. It is through your efforts that Tyndall is recognized as a good neighbor.

Whether it's Habitat for Humanity, Meals on Wheels, Special Olympics, coaching a baseball team, being a scout leader or any number of great causes, I sincerely thank those of you who have involved yourselves and challenge all of us to look for ways to make a difference in our community. Staying involved is a year-round commitment each of us should make. After all, it's our home. Again, thank you, be safe and have a great week!



Action Line

Q: The staff at the swimming pool is doing an excellent job, but I would like to know why they can't open the pool at 6 a.m. instead of 6:15 a.m. While most of the base might come to work at 7:30 a.m., many of us are here for roll call at 7 a.m. Opening the pool at 6 a.m. would allow us additional time to exercise.

A: Thank you for your inquiry about the pool hours and the nice comment about the pool staff.

Many of our lifeguards are high school or college students. We set pool hours and dates of operation each year based on their availability (how many are qualified and how many we can afford to hire) and then adjust hours at the end of the season as lifeguards return to class. As classes are now starting back again, the pool hours are changing to reflect their availability. New pool hours are as follows:

Today through Sept. 3

11:30 a.m.-6:30 p.m. -- Open swim on weekends

3-7 p.m. -- Lap swim Tuesday through Friday

Labor Day

Open swim from 11:30 a.m.-6:30 p.m.

Sept. 4 - Sept. 29

Lap swim ONLY Thursday and Friday from 1-7 p.m.

There will be no open swim during this time.

We agree that a 6 a.m. opening time would be more convenient for people who must report to work at 7 a.m. We will do our best to ensure that we can

open at 6 a.m. next season. Again, we do appreciate your concern and we will do our best to see that pool hours meet the needs of the maximum number of people.

Q: I live in base housing three doors down from the "Giant Voice System" and am unable to hear it. Since I do not have cable and TV-12, I depend on the system to broadcast emergency information during situations such as our recent Tropical Storm Barry. If this system isn't broken, then why not use it for this purpose?

A: Thanks for letting us know of a potential problem with the system. The communications squadron directed a test of the base siren warning system at noon Thursday, Aug. 9 and concentrated our monitoring in the base housing area because of your call.

We had one of our radio troops under the speaker tower in housing. He could hear the test in his car with the motor running while underneath the speaker and was able to hear the system a quarter mile away as he drove off. Under adverse conditions, such as heavy rain and wind, sound is more difficult to hear especially from indoors. The system is really designed to alert people outdoors to take cover.

We test the system every Wednesday at noon. If you detect any future problems, don't hesitate to notify the communications squadron customer service center at 283-2622.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility

managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the office of inspections, 283-4646. Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

William F. Hodgkins

Brig. Gen. William F. Hodgkins
325th Fighter Wing
commander



Did you know?

The Raptor can reach supersonic speed without using fuel-guzzling afterburners, a revolutionary feature that allows the F-22 to fly faster and farther.

Commentary

Be accountable for your actions

Senior Master Sgt.
Tom Pelfrey
14th Operations Group
first sergeant

COLUMBUSAIR FORCE
BASE, Miss. — Being a first sergeant is the most rewarding job in the Air Force. All that American culture offers has come through my office in the past nine years.

It has been an enjoyable time working with earnest, well-intentioned professionals who genuinely seek to improve their environments, their lives and their Air Force. Lately though, I've seen several come through my door decidedly lacking in personal accountability.

Daily living presents great mysticism for some of us — incredible things just happen seemingly without explanation.

Government travel card bills magically appear

showing thousands of dollars of charges and the cardholder has no idea how the balance accumulated. Poltergeist?

Vehicles, perhaps named “Christine,” speed through base housing and the driver is powerless to slow down. Checks apparently write themselves, bounce sky high and the unfortunate people whose names appear on the checks are certain they could remedy the mysterious situation if they receive advance pay.

When people were able to provide reasons for these problems, it became clear the Air Force has failed its members. Let me explain.

People wear unseemly and tattered uniforms because they have not been given time to get new ones — in two months. Overdue payments on two new cars and monstrous credit card debt occurred because the darned Air Force failed to

provide base housing in a timely fashion.

They choose not to fill out family-care information because, “My last base didn’t make me.”

One young dynamo could not make it to work on a routine basis because the Air Force doesn’t have strict standards like the Marine Corps!

So there it is — the Air Force is at fault.

These “dog-ate-my-homework” excuses make for amusing tales and would be invaluable if the Air Force mission included comedy. But it does not.

We need to get over our self-absorbed pity parties. Here’s my plan: Let’s all take stock of where we are and what we have done to contribute to our individual situations, whether they are good or bad.

For supervisors and managers, help your folks by setting reasonable standards

and maintaining them. Expect honest mistakes. They are a part of the learning and growth process. Involve your people in righting their situations. It is productive and instructive. If negative behavior recurs, take more severe and punitive action with a clear conscience.

To the people who may “stub their toes:” acknowledge your mistake, make the immediate correction and plan not to repeat the mistake. We may not control all that impacts us in our environments, but we certainly are not powerless to act.

Neither Colin Powell nor Lee Iacocca got to their positions through cosmic happenstance. Despite modest beginnings in immigrant families, they were personally accountable for their successes. Are you holding yourself accountable for your personal actions?

Be aware of procedures for nuclear, biological, chemical defense training

- When scheduling nuclear, biological, chemical defense training, be aware of the following guidelines:
- Scheduling additions and cancellations are done through your unit scheduler.
 - Those coming from units with mobility commitments must bring training gear to attend class.
 - All gear loaned out will go to those from a unit without a mobility commitment and who are PCSing first.
 - No contact lenses are to be worn to class, unless you have a way to take them out before donning a mask.
 - Women will let down any buns or hairstyles that restrict the proper wear of the mask.
 - Full ensemble will be worn in class regardless of initial or refresher training.
 - NBC training and mask-fit testing are two separate appointments and will not be conducted on the same day.
 - All “one-on-ones” and last-minute scheduling will require a commander’s letter justifying the need for this special training.
 - All refresher classes run from 9 a.m. - noon, and initial classes run from 8 a.m. - 3 p.m.
 - Be in uniform when attending training unless you are a Department of Defense civilian or contractor.
 - Training takes place in Building 909.
 - Classes fill up quickly, get your requests in early.
 - Call 283-2010 for more information.

Help Us Conserve



Take time with your kids
A wealth of knowledge can be found inside the cover of a book. Take time to read, listen and learn with your children now — they'll thank you for it in the future.

Chief of staff shares ‘people first’ philosophy

Richard Zowie
*12th Flying Training Wing
public affairs*

RANDOLPH AIR FORCE BASE, Texas — Air Force Chief of Staff Gen. Michael Ryan shared his “people first” philosophy recently during a cross-talk session with junior Air Force people at Randolph Air Force Base.

Addressing a group of about 25 lieutenants and airmen, General Ryan told the group he was excited about what the future held for each of them in the Air Force.

“What we’re about in the Air Force, quite honestly, is expeditionary operations,” he said. “Our trade is being able to pick up, set down and operate anywhere in the world.”

Teamwork is important and it is a vital part of accomplishing an expeditionary mission, he said.

“It’s all about people,” General Ryan said. “We have undoubtedly the most skilled, capable force we’ve ever had, but you have to take care of each other. The Air Force requires it, your buddies expect it and it’s an Air Force way of life.”

Service in the Air Force is not about individuals, he said.

“People want to be around other people they can perform operations with, or, if necessary, go to war with,” General Ryan said. “Those relationships are permanent and keep us going.”

The Air Force remains committed to improving the quality of life and service throughout the force, he said.

“No matter what, what we’re going to do in leadership is make sure you have the tools to do the job the way it needs to be done,” he said.

Knowing the Air Force has aircraft older

than some of the servicemembers in the room, General Ryan said that making sure old equipment is updated with the right equipment is part of the Air Force’s recapitalization process.

Talking about family issues, General Ryan said although the Air Force recruits individuals, it also recognizes the importance of the family.

“The Air Force’s job is to take care of its servicemembers and their families,” he said.

There are two housing initiatives that will benefit military families, General Ryan said.

“Over the next four years, the Air Force hopes to reduce the out-of-pocket expenses for housing and improve the basic allowance for housing pay rates,” he said.

The Air Force also hopes, in the next 10 years, to upgrade more than 50,000 housing units, he said.

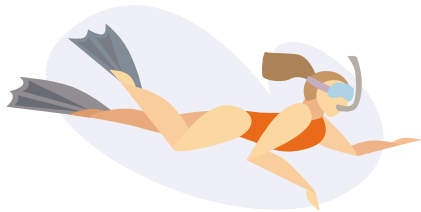
General Ryan also talked about financial issues and told the group the members of the Air Force will receive a pay increase of 5 percent to 10 percent in 2002. The increase is expected to be 7 percent across the board, but the Air Force would like to give everyone at least 5 percent and provide larger, targeted pay increases to noncommissioned officers and captains.

The Air Force is planning to invest \$175 million in bonus pay for second- and third-term airmen in critical skills specialties.

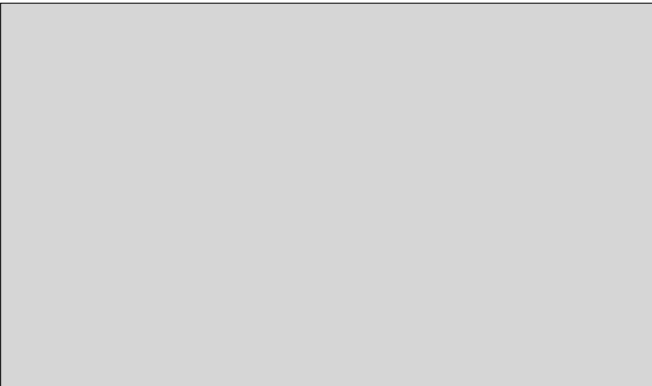
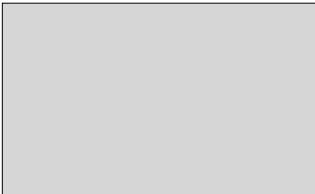
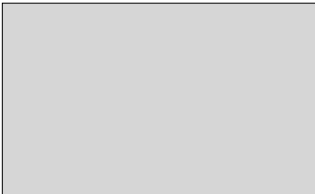
“We’re looking to grant the pay, focus the pay and give bonuses all around for critical skills,” General Ryan said.

While modernization and upgrades to equipment get a lot of attention, General Ryan said people come first.

“People often think that most of our problems have to deal with aircraft,” General Ryan said. “We take pretty good care of our aircraft. What we need to take excellent care of are our people and their families.”



Every member of Team Tyndall is valuable. Play it safe, don’t become a statistic.



Feature

Gearing up for the Defender Challenge

Catherine Layton*325th Fighter Wing
public affairs*

An American pilot has crashed in hostile territory and has been taken hostage. Surveillance reports show that he is being tortured. Last photos of the area show that there are two terrorists, heavily armed, and they are communicating via cellular phone with their leaders.

This is just one of many training scenarios that 2nd Lt. Sean Rowsey has concocted for the elite, five-member team bound for the Security Forces Defender Challenge at Lackland Air Force Base Sunday-Aug. 31.

The team was chosen during a rigorous try-out process. Volunteers came forward to gain a position on the team and all were tested to their limits. They were required to disassemble an M-16 rifle and an M-9 pistol, and then fire them accurately at changing targets after being required to do sit-ups, pull-ups and running one mile. "After they completed these tasks, they had to take the Army physical test that all members of the 325th Security Forces Squadron take twice a year. However, keep in mind, by this time they have already ran, duck walked, done push-ups, pull-ups, balanced on and fired with their firing arms," said Lieutenant Rowsey.

Competitors also had to show their mental prowess, completing two written tests on combat skills and a four-page questionnaire entailing questions about their personal strengths and weaknesses.

The team consists of Lieutenant Rowsey, team captain, Staff Sgt. Jeffrey Pastva, Staff Sgt. Richard Crim, Senior Airman Chris Valenti, Airman 1st Class Larry Hall and Airman 1st Class A.C. Llorens, all from the 325th Security Forces Squadron. They were chosen about seven weeks ago, and have done little else but train for the Defender Challenge since. Airmen Hall and Llorens are both new to the team. Sergeant Crim and Airman Valenti competed last

year and Sergeant Crim won the Defender Challenge. Competitions un- is a prior-service trained as a Sec taught Air Base several teams for Peacekeeper Ch

Lieutenant Rowsey will be well versed in the competition. events we expect and weight lifting we're at the obstacle field practicing

If the team does may be selected Training Comm compete at the v of the major com Rowsey.

At last year's problems. Injuries participating at Lieutenant Rowsey broken down in concentrated on guys have put o managed to get improved drama done."

When asked a Lieutenant Rowsey corrected some Tyndall team is who has trained conducted comb people see this have a lot of nat experience. I'm Lackland's 'hom expect to lose w our back yard," like I know they competition. TH are all winners.



The team goes over strategies before practicing another scenario.

Catherine Layton



Staff Sgt. Jeffery Pastva assumes a fighting position, blending into the environment.

challenge

ant Pastva has several
der his belt. Lieutenant Rowsey
e Security Forces member and
urity Forces instructor where he
Defense Tactics and helped train
r Defender Challenge,
allenge and Contending Warrior.
owsey is making sure the team
sed in whatever may come up at
“Basically, we train for the
ct to see. We do a lot of running
ng. We are at the firing range,
tacle course or we are out in the
different scenarios,” he said.
es well at this competition, they
for the Air Education and
and team. “Then they would
worldwide competition against all
nmands,” said Lieutenant

competition, the team had some
es inhibited them from
their full potential. According to
sey, their bodies had been
training. “This year we
building up. Several of the
n 10-20 pounds of muscle and
more speed. They have
atically in everything they have

about the competition,
sey feels this year’s team has
of the mistakes of the past. The
competing against Lackland,
on their own courses and
boat in their back yard. “Many
as a disadvantage. However, we
atural raw talent, and some good
not overly concerned with
ne-field advantage’. We don’t
ars and we never fight them in
he said. “If these guys perform
can, they will annihilate the
they are all competitive, and they
They are ready to go prove it.”



he shrubbery.
Catherine Layton



2nd Lt. Sean Rowsey



Catherine Layton

Top left: Staff Sgt. Richard Crim scales the net at the obstacle course at Eglin AFB.

Right: Airman 1st Class A. C. Llorens crouches down in the brush while scanning the perimeter.



Catherine Layton

Members of the Defender Challenge team are Senior Airman Chris Valenti, Airman 1st Class A. C. Llorens, Staff Sgt. Jeffery Pastva, Airman 1st Class Larry Hall and Staff Sgt. Richard Crim.

Air Force wins dart challenge

SAN ANTONIO (AFPN) — The Air Force team of Mark Walls, Wes White and Pete Rutkowski recently won bragging rights as the best military darters by defeating a Marine Corps squad in the inaugural Military Cup Challenge.

The trio from Langley Air Force Base, Va., defeated the Marines from Camp Pendleton, Calif., 9-2, in the final match.

The match consisted of triples, doubles and singles games with the first team reaching nine points declared the winner. The Air Force defeated the Marine Corps 9-2 in the finals. All Military Cup participants were eligible for the remaining events at the ADA National Championship.


Held in conjunction with the American Darters

Association’s National Championship in Las Vegas, the challenge welcomed teams from active-duty, Reserve and National Guard units.

ADA President Glenn Remick said he was impressed with the Cup’s competition, as the caliber of play by military darters equaled that of National Championship participants.

“With thousands of service people playing darts worldwide, I’m pleased to bring an event to the military that represents them,” he said.

Plans are under way for the second Military Cup Challenge in Las Vegas next August, and ADA is developing the Military American Dart League for play this fall.



Thinking
about
getting out?
Think again!

Get the facts first.

Call Chief Master Sgt. Ron
Georgia, 325th Fighter
Wing career assistance
adviser at 283-2222.

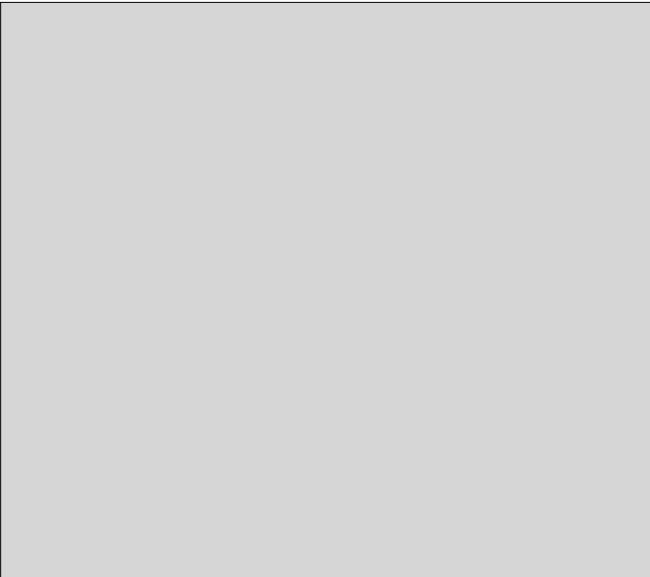
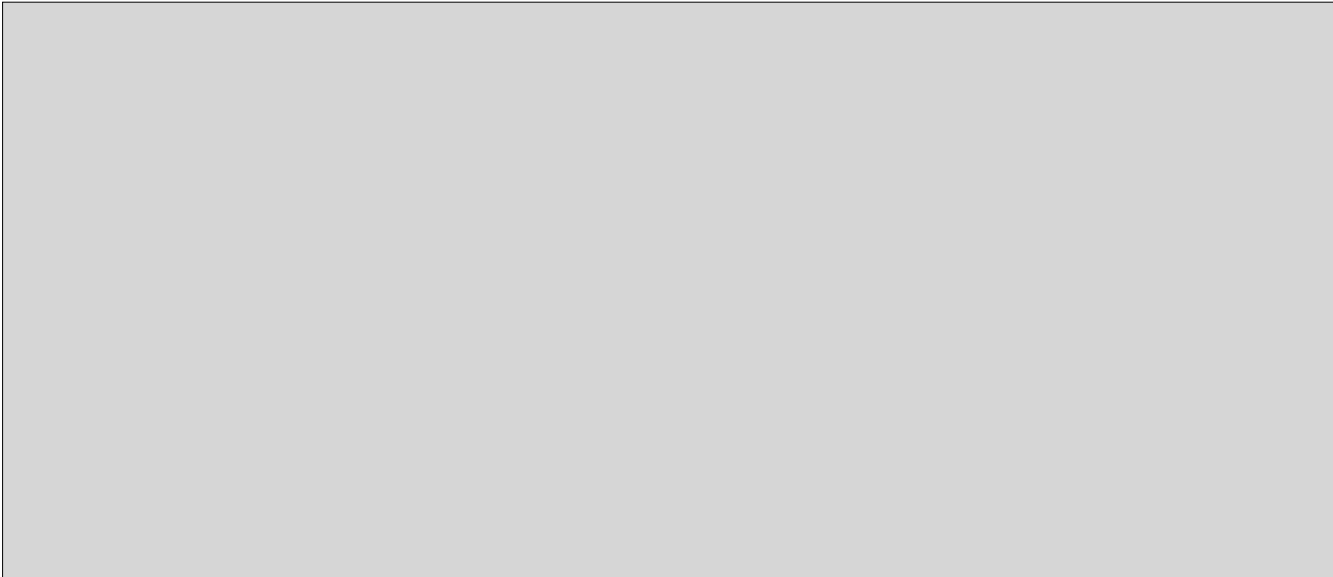
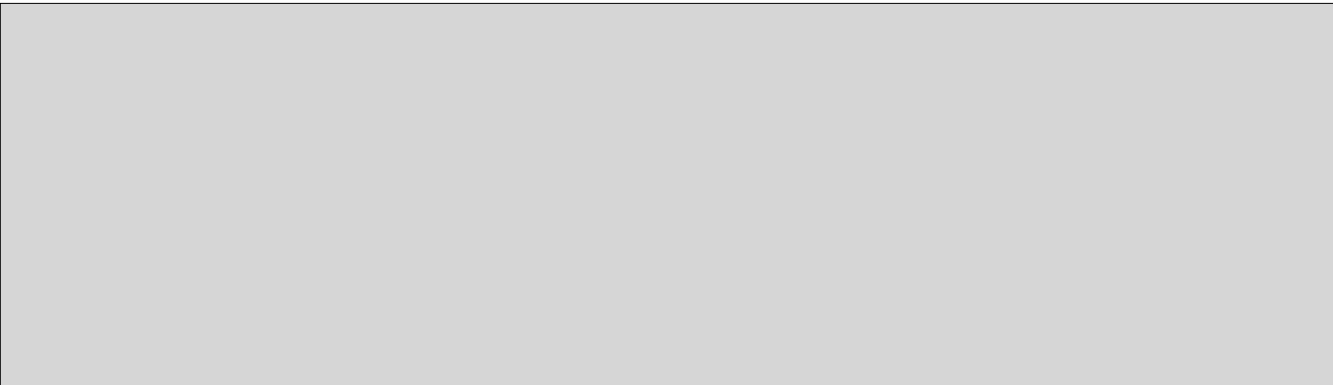
Spotlight



2nd Lt. Serena Custis

Staff Sgt. April C. Haskins

Squadron: 325th Mission Support Squadron
Job Title: Base INTRO manager
Years in Air Force: 6.5 years
Time at Tyndall: 2 years
Hometown: Bronx, New York City, N.Y.
Why you joined the Air Force: To expand my horizons and explore endless possibilities.
Greatest aspect of your job: Meeting new people.
Short-term goals: To complete the Community College of the Air Force.
Long-term goals: To get my bachelor’s degree then complete my master’s degree in business management.
Favorite book: “Disappearing Acts”
Favorite movie: “Best Man”
Hobbies and activities: Reading, traveling and achieving a higher education.





U.S. Air Force photo

School supplies donated to school, CDC

The Tyndall Black Heritage Committee donated more than \$1,000 in school supplies to Tyndall Elementary School and the base child development center Aug. 21. Pictured from left to right are, front row: James Hutchinson, Alyssa Vannatter, Tamara Rodriguez and Brandon Hutchinson; middle row: Catherine Townes, Senior Airman Valicia Collins, Jeremy Rodriguez, Tech. Sgt. Tammy McElroy and Tyndall Elementary School principal Libbie Pippin; back row: Master Sgt. Waldlena Schmidt, Ebony Payton, Master Sgt. Terrell Reid and 2nd Lt. Algernon Williams.

TRICARE is here to help. If you need assistance, call your TRICARE service center, 286-1000.

The Gulf Guide

Your link to what's going on in the Tyndall community

This Week

Monday 'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots," for parents and their under-age-five children meets on Mondays. For more information and meeting locations, call 286-5812.

Tuesday Newcomers' orientation

A mandatory newcomers' orientation for all those new to Tyndall will be 8-11:30 a.m. Tuesday at the Pelican Reef Enlisted Club. Sign-up will start at 7:30 a.m. Free refreshments will be provided. Free child care is available for spouses wishing to attend the orientation. For information on the newcomers' orientation, call 283-2276. For information on how to obtain the free child care, call the relocation assistance program, 283-4204. For child registration information, call the child development center, 283-4747.

Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years old and older will be held 6-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-7594, or Master Sgt. Perry Newberry, 283-4189.

Boating skills course

The Coast Guard Auxiliary Flotilla 19 boating skills and seamanship class will be 7-9 p.m. Tuesdays and Thursdays. Students may elect to attend six sessions regarding safety, rules and regulations before taking an examination or take the entire fourteen-session course, which includes additional topics such as piloting, knots, weather and radio, before an examination. The course runs through Oct. 9. There is no charge for the instruction, but a \$30 material charge is necessary for

books. For more information, call 215-2025 or 769-1896.

Home-buying class

A bring-your-lunch home-buying class will be 11 a.m.-12:30 p.m. Tuesday in the family support center. A licensed realtor will provide information on mortgages, Veterans Affairs eligibility, negotiating contracts, working with realtors and the pros and cons of home ownership. For more information or to make reservations, call the family support center, 283-4204.

Thursday Antiterrorism training

Mandatory antiterrorism training is provided by the Air Force Office of Special Investigations on a walk-in basis 8 a.m. every Thursday in Building 656. The training will last approximately 45 minutes. Anyone with a permanent change of station or temporary duty assignment to an overseas location who has not received Level-I Antiterrorism training within six months of their departure date is required to receive this training prior to out-processing. Out-processing checklists should be brought to the training session. Military dependents are encouraged to attend. For more information, call Special Agent Doug Hartwell, 283-3261 or 283-3262.

September 6 CMF Bible study

Christian Military Fellowship Bible study and fellowship will be 6-7 p.m. the first and third Thursday of each month in Building 1476, across from the wellness center. For more information, call Staff Sgt. Cindy Abbott, 283-4045 or 871-5089.

Yard Sales

The following yard sales are scheduled for Saturday: 2982-B Starfighter Ave., 2862-B Sabre Drive and 2816-A Falcon St. All yard sales are held between 8 a.m.-4 p.m.

Notes

Hispanic heritage volunteers needed

The Hispanic Heritage committee is looking for volunteers to participate in activities during Hispanic Heritage month, Sept. 15-Oct. 15. The festivities are open to all military members, dependents and civilian personnel. For more information, call Airman 1st Class Viedelquina Hoyte, 283-2670.

Munitions area closure

The munitions storage area will be closed to all customers Sept. 10-14 due to a semi-annual 100-percent closed warehouse inventory. All munitions customers are advised to project their needs accordingly and plan ahead for this closure. Only valid emergency issues will be processed during this period. For more information, call munitions operations, 283-4010 or 283-2374.

Flight line barbershop hours

The flight line barbershop will be open 9 a.m.-1 p.m. Mondays-Wednesdays. Appointments will be accepted; walk-ins are also welcome. For more information, call 283-4917 or 286-4300.

BBOP to work week

The week of Sept. 9-13 is bus, bike or pedestrian, carpool and telecommute to work week. A kick-off bicycle-ride event will be 10 a.m.-2 p.m. Sept. 8. The Panama City Flyers Cycling Club will lead a slow bicycle ride through the Cove neighborhoods starting and ending at McKenzie Park. The ride will leave at 8:30 a.m. and return around 9:30 a.m. Bicycle helmets are required for this ride. For more information, call

Henry Lawrence, 763-7285 or 358-0367, or e-mail: hnlbicycle@yahoo.com.

Physician-assistant training

Applications for physician-assistant training for classes beginning in January 2003, April 2003 and August 2003 will be accepted not earlier than Oct. 1, 2001 and no later than Jan. 25, 2002. Only active-duty enlisted Air Force members are eligible for this program. For more information and application instructions, call the relocations section at the military personnel flight, 283-2244.

POW/MIA 24-hour vigil run

Volunteers are needed to fill 15-minute slots in the POW/MIA 24-hour vigil run. Time slots are available between 4:15 p.m. Sept. 20 through 4:15 p.m. Sept. 21. The run will be held at Maxwell flag park and is hosted by the 81st Test Support Squadron. For more information, call Airman 1st Class Matthew Schoch or Senior Airman Caddonna Skepple, 283-2863.

Top 3 meeting dates

The Tyndall Top 3 has moved its monthly meetings from the third Wednesday to the third Friday of the month. Meetings are held in the Pelican Reef Enlisted Club's Classics Lounge.

Round table meeting

The next Bay County Civil War Round Table meeting will be 7 p.m. Sept. 13 at the Grace Presbyterian Church, 1415 Airport Road. For more information, call 873-8761, extension 104.

Retiree News

TRICARE For Life questions

Will Tricare For Life pay the annual \$100 Medicare deductible for outpatient services?

Yes. TFL will pay all deductibles, including both the \$100 outpatient and \$792 inpatient deductible for services that are both Medicare and TRICARE benefits. TRICARE will pay the Medicare inpatient deductibles (per benefit period) for medically necessary hospitalization. At 151 days of hospitalization and beyond, TRICARE will pay 80 percent of the cost for covered care at TRICARE network hospitals and 75 percent at non-network hospitals. However, TRICARE will not pay the \$50 fee for Medicare Part B. For more information, call the TFL call center toll free, (888)363-5433.

Is TRICARE For Life a permanent program, or must Congress renew it each year through authorizing legislation?

The Fiscal Year 2001 National Defense

Authorization Act established a permanent program called TRICARE For Life for Medicare-eligible beneficiaries to be effective Oct. 1, 2001. During the first year, TFL will be funded by the regular Department of Defense Appropriations Act. For subsequent years, the NDAA provided that TFL will be funded through a health-care fund now called the DOD Medicare-Eligible Retiree Health Care Fund, resourced with general revenues of the United States Treasury and annual contributions from appropriations. Because TFL is an entitlement program, it will not require annual authorization by Congress.

Do I need a beneficiary card to receive health benefits under TRICARE For Life?

A separate TRICARE beneficiary card is not required for you to receive benefits under this program. A Uniformed Services Identification (ID) card and a Medicare card are all you need for Medicare to pay first and TRICARE to pay second on claims.

Base Theater



Today: "Cats and Dogs" (PG, animal action and humor, 82 min.)

Saturday: "Cats and Dogs"

Sunday: "Kiss of the Dragon" (R, strong violence, language, some sexuality and drug content, 98 min.)

Thursday: "Pootie Tang" (PG-13, sex-related material, language and drug content, 82 min.)

All movies start at 7 p.m.

Air Force laboratory creates new, faster fire suppression system

Timothy R. Anderl

Materials and Manufacturing Directorate

An Air Force scientist has developed new technology that will save lives and protect property at defense munitions plants across America.

Steven Wells, project engineer at the Fire Research Group, Materials and Manufacturing Technology Directorate, Air Force Research Laboratory, designed the Advanced Fire Protection Deluge System. The new system can detect a fire in milliseconds versus minutes according to Mr. Wells.

"AFPDS can detect a fire within twenty thousandths of a second and provide cooling water before the fire gains momentum," Mr. Wells said. "It also will protect workers by preventing unnecessary discharge of large volumes of water contaminated with hazardous, flammable and explosive materials."

With the Army's approval, AFRL built a prototype system and started formal testing in January 1996. To date, more than 200 "burn" tests have been accomplished, according to Mr. Wells.

"The prototype uses dual-band infrared and combination optical fire detectors; high-speed, pressurized water discharged from 10- and 30-liter, high-rate discharge spheres; and follow-on, pressurized water from standard nozzles found in existing plants and arsenal systems," Mr. Wells said.

"Combining two detectors from different manufacturers improved the system's ability to monitor and protect a single location," he added. "Some materials start burning slowly, then go 'boom' — in this case, we need a detector that 'sees' that slow burn before it leads to a catastrophic explosion. When we ignite another material, it goes 'boom' immediately — then we want a detector that reacts to the rapid change."

The detectors chosen were proven quick, yet unlikely to respond to false alarms in halon fire-protection systems for armored personnel carriers and tanks, Mr. Wells explained. The same detectors proved virtually immune to accidental discharge.

"An actuator inside the extinguisher discharges water in a fine mist, reducing the possibility of fire, explosion, environmental problems and hazardous fumes, followed by more water from follow-on nozzles," Mr. Wells indicated. "It's important to get water to burning surfaces quickly, because uncontrolled fire 'burrows' into material. We also need to get water on workers in the area immediately, to eliminate skin-searing heat."

Heat flux was another area Mr. Wells' team evaluated. "We installed a high-speed sensor 24 inches from hazardous material, to determine the amount of heat a

worker might experience in a fire," he said. "Test results showed that using such sensors can protect workers."

Mr. Wells also tested several existing fire protection deluge system components, and performed time trials on commercially available detectors and controllers.

The team eventually found a faster controller, compatible with all other detectors evaluated, that significantly increased the speed of the entire system, Mr. Wells said. "Our principal goal was to provide reliability and safety without sacrificing speed — and we've accomplished that goal."

According to Mr. Wells, the new technology has already been installed in Picatinny Arsenal in New Jersey. Additional installations are planned at four other Department of Defense munitions manufacturing and inspection locations in the U.S.

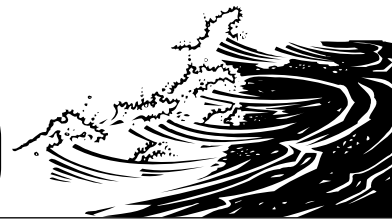


Courtesy photo

Air Force Research Laboratory scientist Steven Wells examines the Advanced Fire Protection Deluge System before testing.



Funshine NEWS



August 24, 2001

This page is produced by the 325th Services Marketing office, 283-4565.

All Ranks at the O Club

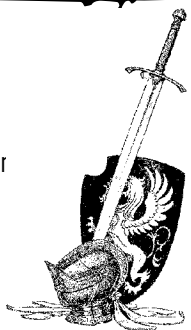
Medieval Banquet

September 8 • 6 p.m.

\$14.95 per person • Reservations required NLT Septer
283-4357

- ⊕ Medieval Combat Demonstrations
- ⊕ Competitions
- ⊕ Costume Contests
- ⊕ Medieval Craft Displays

Sponsored in part by: Medieval Times, First Command Financial Planning, Wild Adventures and Clubhouse Inn & Suites. No federal endorsement of sponsors intended.



Special Thanks!

to the following sponsors of the
 31st Annual Spear Fishing Tournament
 hosted by the Marina Club

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No federal endorsement of sponsors intended.



Officers' Club

☎ 283-4357

Ladies Night

Every Friday, 4:30 - 7:30 p.m.

Enlisted Club

☎ 283-4146

Lunch Buffets

Tuesday, All you can eat Sirloin Steak
 Wednesday, Meat & Potatoes
 Thursday, Country Cookin' Buffet
 Friday, Seafood

Every Wednesday Evening

2-4-1 Ribeye Steak with Salad Bar
 Member's price \$13.50

Every Friday Evening

Big Tex Sirloin Steak with soup and
 salad bar \$11.95.

All Ranks at the Tyndall Officers' Club

Deluxe Brunch Buffet

Sunday, August 26th • 9 a.m. - 12:30 p.m.

Members \$6.95, Non-Members \$8.95 • Kids 6-12 \$3.75, Kids under 6 eat free

Upgrade and include the **Sandwich Bar** for:

Members \$3.25 • Non-Members \$5.25

Call 283-4357 for more information.

the 2001
 Ultimate
 Membership
 Drive



**10 winners get their choice of a Ford Ranger,
 Chevy Cavalier, Dodge Neon or \$8,500!**

PLUS! Each person who brings in a new
 member will receive a coupon for \$10
 towards dinner.

Sponsored in part by:



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Bonita Bay

☎ 283-3199

Pool Hours

Fitness/Lap Swim:

3-5 p.m. Tues.-Fri. - Aug. 30.
 Sept. 4 - 28, 1-5 p.m.

Open Swim:

Weekends only through Sept. 2,
 11:30 a.m.-4:30 p.m.
 Labor Day: 11:30 a.m.-5 p.m.

The pool closes for the season on Sept. 28.

Vet Clinic

☎ 283-2434

Special Hours

Closed: Aug. 31 and Sept. 3

Skills Development Ctr.

☎ 283-4511

Auto Class

Oil Change & Fluid Check

August 29, 6 p.m. Class last 1 hour.
 Max students: 10.

Aero Club

Flight Training Center

Stop Dreaming & Start Flying

Current members are eligible to win
 up to \$3,000.00; new members
 \$50 + flight time. (June 1 - Sept. 30)
Call 283-4404 for more info.

Marina Club

☎ 283-3059

Scuba Lesson Special

Summer Special \$99. Call for details.

Berg Liles is undergoing a new
 software change.
 Expect delays and some changes
 in prices until we adapt to the
 new system

Youth Center

☎ 283-4366

Group Tennis Lessons

Learn to play in USA Tennis 1-2-3
 classes. Open to all ages. Sessions run
 August 18, 25 and Sept. 1, 8, 15, 22.
 Cost is \$25 for members and \$30 for
 non-members. Call Andy, 283-4366.

Start Smart Baseball

Open to youth ages 3-5 years.
 Sept. 8, 22, 29 & Oct. 6 at 8 a.m. Cost
 is \$25. Call Andy for more information.
 283-4366.

Punt, Pass, Kick

The center is hosting a local competition
 for NFL/Gatorade Punt, Pass, & Kick on
 Friday Sept. 14 at 4 p.m. The
 competition is open to boys and girls
 ages 8 to 15. Sign up FREE.

Sand Dollar Inn Reservation Information

- A military member may sponsor civilian guests, however, the sponsor must be present upon check in.
- Civilian guests will be Space Available (Space A). The sponsor may make a reservation for them 24 hours in advance of the required date.
- Payment is due at check-in for all Space A guests.
- Reservations may be made by dialing: 283-4211 x 3356 or x3347. Office hours for the Reservations Office are from 0730-1700, Monday thru Friday.
- Space A reservations may also be made 24 hours in advance at the front desk which is open 24 hours a day, 7 days a week.

**For more information
 call 283-4211**

Raptor Lanes Bowling Ctr.

☎ 283-2380

Fall Leagues Sign Up Now!

Sports & Fitness

Folic acid, vitamin B-12 show potential as heart-disease treatments

Courtesy of the University of California, San Francisco

Red wine and garlic aren't the only dietary supplements that keep our hearts healthy. Folic acid and vitamin B-12 also appear to offer cost-effective treatments for heart disease and the reduction of associated deaths among the adult U.S. population, according to projections in a new University of California, San Francisco study published in the August 22 edition of the Journal of American Medical Association.

"The evidence for the beneficial effects of vitamins B-12 and folic acid is much stronger than for garlic, vitamin E and other dietary supplements promoted for heart-disease prevention," said physician Jeffrey A. Tice, principal investigator of the study and UCSF assistant adjunct professor of medicine.

UCSF researchers studied available data on the U.S population's homocysteine levels, a strong indicator of heart disease risk and associated death. Dr. Tice noted that previous studies demonstrated that people with modestly elevated homocysteine levels have higher rates of stroke, heart attack and death from heart disease compared to those with low to normal homocysteine levels.

In addition, recent randomized clinical trials have shown that folic acid significantly

lowered homocysteine levels by 25 percent and that the addition of vitamin B-12 lowered levels an additional 7 percent. Moreover, homocysteine levels in the U.S. population have fallen since the Food and Drug Administration mandated in 1998 that all enriched grain products in the U.S. contain 140 milligrams of folic acid per 100 grams.

The UCSF study also found that administering daily folic acid and vitamin B-12 supplements to everyone with heart disease, as well as to men 45 years and older without heart disease, should save money. In women 55 years and older without heart disease, the cost of vitamin therapy would be low compared to other treatments currently used.

"For most people, especially those with heart disease, taking a folic acid and vitamin B-12 supplement is projected not only to be safe and save lives, but also to save money because it prevents heart disease and the costs associated with expensive medical treatments and procedures," said Dr. Lee Goldman, senior author of the study and professor and chair of the UCSF Department of Medicine.

He added that a projected 24 billion dollars in the U.S. would be saved between 2001-2011 by treating men and women with heart disease with folic acid and vitamin B-12.

Spearfishing tourney results posted

The 31st Annual Panama City Open Spearfishing Tournament ended Aug. 19 at Tyndall's Beacon Beach Marina. Jack McDougal's 36.6-pound grouper took first place in the biggest fish category.

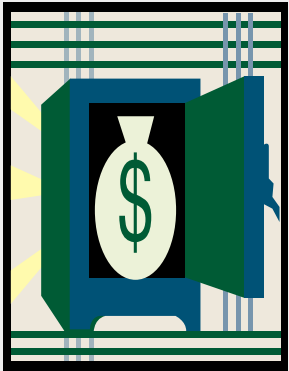
Other first place winners include: Regina Capps, 32.9-pound amberjack; Eric Jones, 32.3-pound barracuda; Rico Montellamos, 28.7-pound cobia; John Pipkin, 5-pound flounder; Clint Iles, 24.9-pound slot grouper; Keith Neel, 8.2-pound spiny lobster; Lisa Carroll, 1.9-pound shovel nose lobster; D.J. Moore, 5.6-pound sheepshead; Client Iles, 10.2-pound slot snapper; and Regina Capps, 6.7-pound trigger fish.

The tournament ended with a fish fry and awards ceremony at the marina. Ninety-five divers from the panhandle area competed for awards and prizes. For information about next year's tournament, call D.J. Moore at 871-2624.



Lisa Carroll

Jack McDougal proudly displays the 36.6-pound grouper that garnered him a first place win in the biggest fish category.



Tyndall classifieds

1999 Ford Taurus SE-

Take over payments. Power seats, windows, door locks and steering. Cruise, A/C, ABS, remote lock, 10-disk CD changer and tinted windows, call Natalie, 913-1843.

Futon-

Tan cover and black cushion with pine frame, good condition, \$150. Stroller, blue and white, clean and works well, \$10. Call Roy at 286-8642.

If you think you have a problem with alcohol, call 283-7511. There is an on-base solution.



There's only one way to come out ahead of the pack.

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 American Heart Association
WE'RE FIGHTING FOR YOUR LIFE